

Life, if lived well, is long enough

You wake up with a sense of urgency. You cannot touch it, nor label it. It's like the itch at the back of your throat, or like having the hiccups. I don't know about you, but I hate having the hiccups. I had some furious chilli over the weekend (Carolina Reaper, I kid you not) and I felt like a Chernobyl victim for 5 seconds (it's not funny, I know). But afterwards, I had the greatest sense of accomplishment. I did not die, I (unknowingly) had the courage to taste this crispy piece of pork belly (misled to assume its 'hot' like a 'hot wing'), and then when my friend started laughing and clapping his hands, I knew it. \$%&!.

Time management is what separates the good from the best. It all boils down to how we spend our time, and what habits we formulate knowingly or unknowingly by the assumptions we make about time. Some of the worst assumptions we have cultivated is that a) it's OK to be late for an event, b) that everybody can stay longer for the meeting, or c) everyone can dedicate afternoons to having meetings. Remember that *your* mindset and *your* schedule (and life balance) is not the norm, and that we have to respect this.

Specific times of a day or week also becomes our mindset when the habits are reinforced over time, which begs us to please revisit them from time to time. The way we see an evening versus early morning, or the way we approach a Friday morning as opposed to a Monday @7h00, all asks for congruence to the 'bigger purpose'. We can't do "business at the front, party at the back"; rather we should work towards a mindset alignment between for example a) why we rest, and b) why we work/exercise hard, and appreciate that both are of equal importance.

Time management gives you the opportunity to manage stress, and it allows a 'bite size approach' to small (ongoing) and mammoth (deadline) challenges. Think about working through a tuff chapter of math problems. You have to crunch into it, but then you also have to take a break before digging into the next chapter. It encourages you to be more flexible (creative) in that you anticipate certain 'workshop' / 'meeting' / 'layout' sessions for a task in advance. This all sounds like a big old "duh", right? No. Working with so many students, mentees, and even my colleagues in industry over time, I have come to appreciate that it's not a skill widely practised. Planning your own and syncing that calendar with the other 'stakeholders' and 'shareholders' in your corporate and social life, is part of the cosmos of becoming aligned towards the greater good.

It's like time-share holiday packages. A mutually beneficial agreement where some of your mind and space will be shared with others purposefully. Expectantly.

Time becomes the incremental value added to every project you're dedicated to (or become dedicated to) in this life. If we live this life well, it will be long enough. Look at your calendar for the week (hopefully digital and synced to all your mail accounts and alerts), and just give yourself 10 minutes a day to plan better. To have some empty spaces filled with something you've been wanting to improve at, be it exercise,

reading, networking, learning, or *giving* some of your time to the benefit of others. Don't limit yourself by believing lies like 'there's not enough time', 'there is no time for me now', or 'I can't do this'. We can learn to do this. In order to manage a happier, healthier life, we need to do this.

Imagine, almost like the life wheel diagram of balance, do you have balance in allocating time to your family and friends, philanthropy, spirituality, career, financial resources, health, romance, and personal growth? If you shudder looking at one of these, I dare you to go work it into your time schedule for the week(s) ahead, and then deal with it when you get to it, but don't procrastinate. By managing your time, you will have less guilt, and more courage. It becomes a matter of fact, and not a matter of choice.

Love,

Natasja

Some highlights from the past few days;

28/05/2019

- Post Analyst reports that Vendata Limited has made a 11.87% comeback from the 12-month low price of \$8.34. The article reports that Vendata Limited, a subsidiary of Vendata Resources Limited, is one of the world's leading diversified natural resource companies with business operations in India, South Africa, Namibia and Australia.

29/05/2019

- EnjeuxEnergies reports that Africa-focused oil company, Azinam has completed the acquisition of an offshore block in the Orange basin in South Africa, marking the company's entry into the country. The article reports that historical drilling on the shelf and modern 3D seismic surveys of the Orange Basin indicate the potential for both regionally significant shallow-water oil and gas projects and world-class deepwater discoveries.
- The Namibian reports that the battle among Swapo politicians on who should take over President Hage Geingob has started, causing alleged cracks among the ruling party's top brass. The article reports that the Namibian previously reported that the part of Pohamba and Geingob's agreement before the former threw his weight behind Geingob at the 2012 and 2017 elective congresses was Geingob ensures Swapo leader, Nandi-Ndaitwah takes over both party and state.
- The Namibian reports that President Hage Geingob has expressed disappointment that rich people in Namibia were reluctant to share with the poor

to address inequality in Namibia. The article reports that during a meeting with Tanzania's president, John Pombe Magufuli, he was impressed with Tanzania's policies on natural resources, including mineral resources. He thus said Namibia, through its bilateral relations with Tanzania, could learn from that country's policies on its natural resources.

- The Namibian reports that SADC chairman president Hage Geingob has ruled out intervention by the regional bloc in the ongoing political squabble between former Botswana President, Ian Khama and his successor, Mokgweetsi Masisi. The article reports that Masisi reduced Khama's perks and privileges, including reportedly barring the former's president from flying army aircraft.

31/05/2019

- Namib Times reports that The Ministry of Mines and Energy informed the Namibian fuel supply industry that petrol and diesel prices will be increasing by 30 cents per litre as from 01 June 2019.
- The Namibian reports that the Rally for Democracy Progress (RDP) candidates vying for positions at the party's national convention set for Windhoek this weekend say slate politics are not part of their campaigning strategies. The article reports that as the convention comes closer, delegates are pondering on who to finally vote for within the original slates or across the slates.

03/06/2019

- Namibian Sun reports that Namibians are braced for yet another fuel price hike on Wednesday, while the Road Fund Administration (RFA) has also increased motor vehicle registration license fees. Minister of Mines and Energy, Tom Alweendo said that fuel is traded internationally using US dollars. Therefore, local bulk importers convert Namibian dollars to US dollars to enable them to import fuel products.
- The Namibian reports that RDP postpones central committee election The Rally for Democracy and Progress has postponed the election of its central committee due to time constraints. The article reports that the party, at its elective convention held in Windhoek over the weekend, elected former secretary general Mike Kavekatora as president, and Kennedy Shekupakela as vice president.
- New Era reports that the New Rally for Democracy and Progress (RDP) president Mike Kavekatora, who was elected at an elective convention over the weekend, says he has his eyes firmly set on becoming Namibia's president after national elections slated for November. The article reports Former National Housing Enterprise (NHE) CEO and TransNamib executive Kavekatora, 62, who hails from the Kunene Region, fended off challenges from party veteran Kandy Nehova and central committee member Miriam Hamutenya.

- New Era reports that equality and equity should be maintained between all Namibian tribes, and no tribe should regard themselves superior than the other. The article reports that Katrina Hanse-Himarwa, the Minister of Education, Arts and Culture said, “in order to ensure practical unity in diversity, it is important that there is equality and equity in resource allocation across the length and breadth of Namibia”.